



„Who are you?“
„What is reality?“
„How to be happy?“

Ahhhhhhh...

The 8 Dragons in this book and in the
„Mindful Human, In-Me“ training
guide you to happiness.



„Who are you?“
„What is reality?“
„How to be happy?“

Ahhhhhhh...

Today: 1 Dragon exercise in 4 steps.
In this book: 18 exercises for you.
In the training: 8 intensive days.



1

Tame your beige Survival Dragon

First, come to your senses and presence.

When fight-flight-freeze reactions?

Unconscious decides – brain justifies.

Step 1: Breathe in, a little bit more, and then let it out saying: “Ahhhhh”. Repeat and enjoy, letting the noise grow louder and louder. Say: “I am here”. Stomp your feet on the ground. Gently run your hands over your body.

A lush, sun-dappled jungle scene. On the left, a waterfall cascades down a mossy rock face. In the center, a large macaw with vibrant blue, red, and yellow feathers is in flight. To the right, a toucan with a large, colorful beak sits on a mossy branch. In the lower right, a small hummingbird is perched near some red heliconia flowers. Sunlight filters through the dense green foliage, creating a magical atmosphere.

**This challenge is like
taking the red pill
in „The MATRIX“.**

Once you truly understand it, there is no way back.



Dragon Exercises for transformation to who you really are.

Proven Mindfulness „Who are you?“ Jon Kabat-Zinn
Scientific Facts „What is reality?“ Yuval Harari
Change „How to be happy?“ NLP-Toolbox



The Problem

**What you think, feel
and perceive is not reality.**

**It is strongly influenced by unconscious conditioning.
Our world is still mostly shaped by the laws of the jungle.
Being human is the next step.**

A lush, sun-dappled jungle scene featuring a waterfall on the left, a colorful parrot in flight in the center, and a toucan perched on a mossy branch on the right. The background is filled with dense green foliage and trees.

2

Tame your purple Magic Dragon

Identify harmful anecdotal stories.

Your unconscious is filled with them.

Choose inspiring stories.

**Step 2: Create a beautiful energy field in front of you. Step into it.
Which beautiful memories about yourself come to your mind now?**

Your brain runs 300,000 years old software.



Battle

Fight-Flight-Freeze
Without real danger



Conditioning

Outdated beliefs from
300,000 years



MATRIX

Invisible programs
control your life

Your Dragons are the update for you and your brain.

A lush, sun-dappled jungle scene. On the left, a waterfall cascades down a mossy rock face. In the center, a colorful macaw with blue, red, and yellow feathers is captured mid-flight. On the right, a toucan with a large, colorful beak is perched on a mossy branch. The background is filled with dense tropical foliage and trees, with sunlight filtering through the canopy.

5

Tame your orange Creation Dragon

Don't confuse yourself with a product.

No need to continuously optimize.

You are such a beautiful soul.

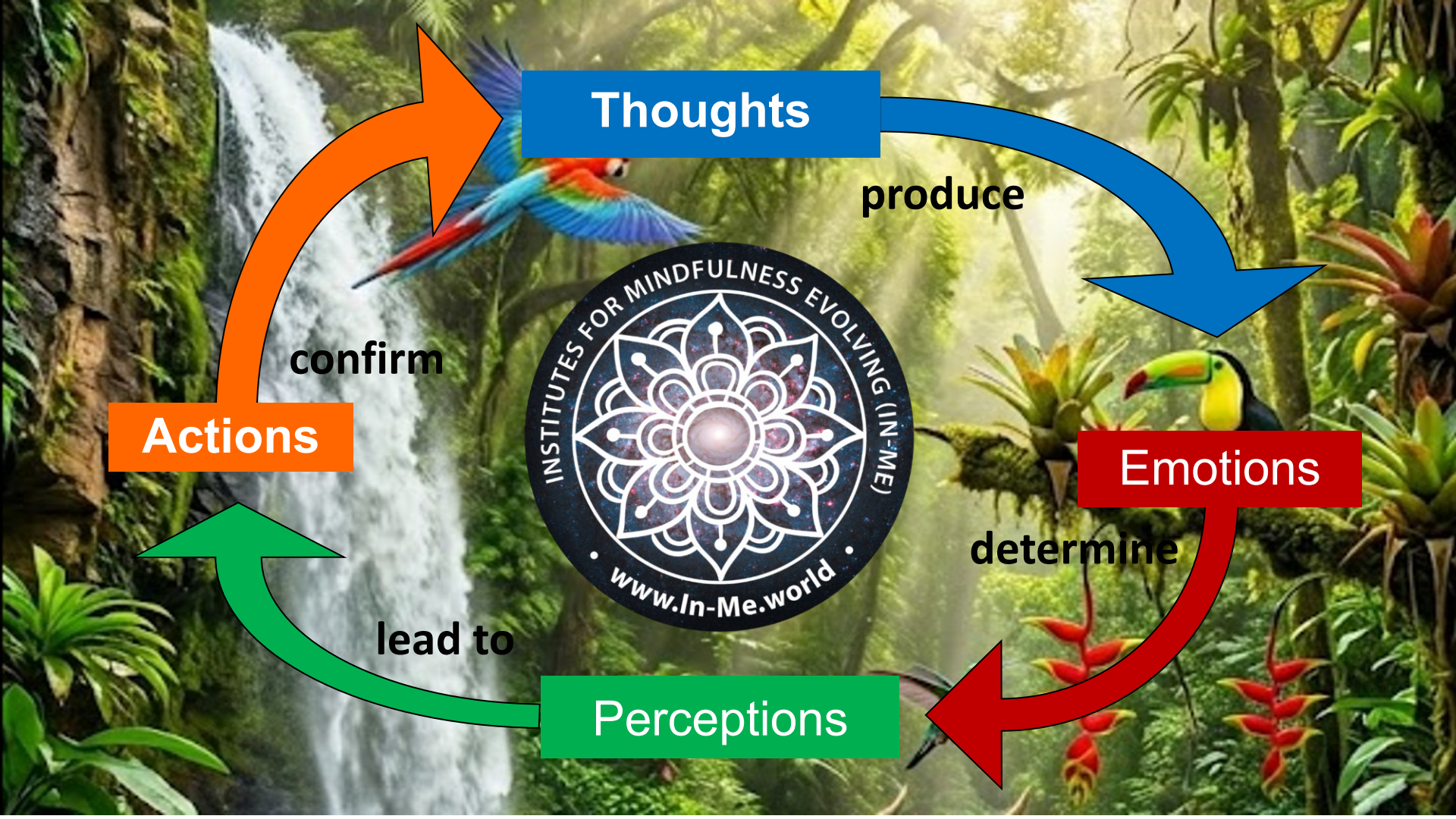
**Step 3: Let's move and roar like a very energetic, happy Dragon.
Show everyone your power. Enjoy letting your Dragon fly now.**



**There is only one
really important
decision in your life**

Ahhhhhhh...

**The decision for your contact with
your soul. It influences all other
decisions in your life.**



Thoughts

produce

Emotions

determine

Perceptions

lead to

Actions

confirm





The Solution

**You are welcome to
unfold your true potential.**

**Inside you are treasure areas filled with pure love, joy and peace.
These areas want to be discovered by you and expressed in your life.
They are guarded by wild Dragons that love to be tamed by you.**



8

Tame your golden Happiness Dragon

Happiness is the truth.
Your soul reacts in contact.
Happiness makes living easy.

Step 4: A 2-minute Ritual. Breathe in and say ahhhh. Open a beautiful energy field and step in. Dragon YES. Set your intent now.



The Methods

Discover who you are.
Follow the call of your soul.

Proven Mindfulness „Who are you?“ Jon Kabat-Zinn
Scientific Facts „What is reality?“ Yuval Harari
Change „How to be happy?“ NLP-Toolbox



We-Evolve.World
Read the book and
come to the training.

Ahhhhhhh...

**The world urgently needs more
mindfulness and true happiness.**

TAME YOUR DRAGONS

Update your brain for
happiness, health and success

Inspired by Harari · Kabat-Zinn · NLP

Karl Nielsen

Link for more about
the book and training



www.in-me.world/mindful-human-revolution



**Thank you for your presence.
More below.**



We-Evolve.World

We are 9 associations with 14,000+ members and 72,000 experts in 117 countries worldwide.



The 8 Dragons of your Soul

Dragon Challenges from Human Evolution

Stages of Development of a Mindful Human

Started 30 Nov. 2022
with ChatGPT

1990 with evidence
based Mindfulness

100 years ago
Feminist Revolution

200 years ago
Industrial Revolution

500 years ago
Scientific Revolution

12.000 years ago
Agricultural Revolution

70.000 years ago
Cognitive Revolution

300.000 years ago
Homo Sapiens

8. Happiness

7. Mindfulness

6. Liberation

5. Creation

4. Evidence

3. Power

2. Magic

1. Survival

What can AI not do
better than humans?

Can you live “Beginner’s Mind”,
“Non-judging”, “Letting go”...?

Are you surrounded by friends
who accept you as you are?

Do you already express yourself
or are you still working?

Do you decide evidence based
or based on anecdotal stories?

Do you possess your possessions
or do they possess you?

Are you still a slave of the
stories others tell you?

Can you handle today’s stress
and enjoy your healing energy?

The 8 Mighty Dragons

SURVIVAL DRAGON 300.000 years
Overcome fight-flight-freeze.

MAGIC DRAGON 70.000 y., Cog. Rev.
Determine your own story.

POWER DRAGON 12.000 y., Agric. Rev.
Be here for your holiday experience.

EVIDENCE DRAGON 500 y., Science R.
Keep asking the evidence question.

CREATION DRAGON 200 y., Indust. R.
Let your soul sing when you work.

LIBERATION DRAGON 100 y., Female R.
Choose friends who truly see you.

MINDFULNESS DRAGON 1990, MF R.
Center in the present moment.

HAPPINESS DRAGON 30. Nov. 2022, AI
Enjoy happiness for no reason.

- ✦ *Inspired by the historical data of Prof. Dr. Yuval Noha Harari* ✦
- ✦ *The Mindfulness Science of Dr. Jon Kabat-Zinn* ✦
- ✦ *The practical magic of NLP* ✦



1



SURVIVAL DRAGON

1

Homo Sapiens Evolution: Survival

Homo Sapiens started 300,000 years ago.

2

Historically caused Brain Default Setting

eating fatty, sugary, as much as possible, drugs, drama, sex, tribe, instinct, fight-flight-freeze response, belonging

3

Peak Experience by Choice

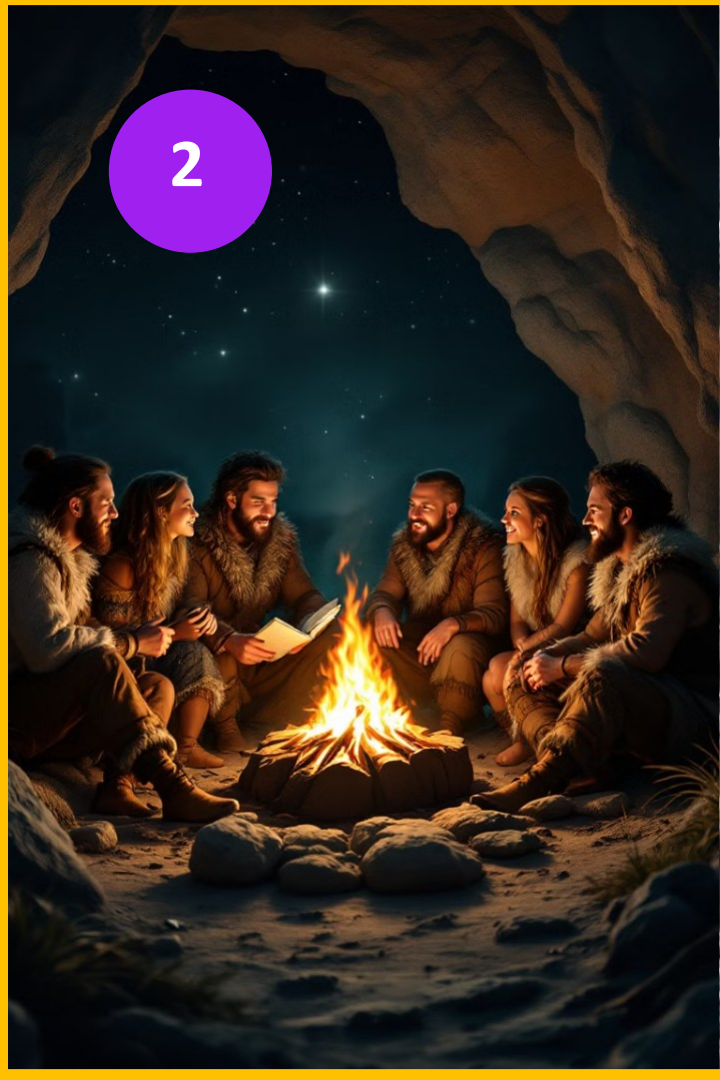
enjoying contact to the unconscious and connect to the reptilian brain with healthy food and lifestyle

4

Call to action

Eat healthy food, exercise your body and get enough sleep





2



MAGIC DRAGON

1

Cognitive Revolution: Fiction and Storytelling

This thinking style started 70,000 years ago.

2

Historically caused Brain Default Setting

Believing in stories others tell you
for their advantage and your disadvantage

3

Peak Experience by Choice

Enjoying self-designed empowering stories
that support you in riding your magic storytelling dragon

4

Call to action

Tell yourself and those around you empowering stories!



3



POWER DRAGON

1

Agricultural Revolution: Possession

Land ownership started 12,000 years ago.

2

Historically caused Brain Default Setting

the more I possess, the more power and safety for me - being possessed by possession

3

Peak Experience by Choice

enjoying freedom from possession orientation and feeling fully alive, possessing your rich inner world

4

Call to action

Do not get lost in making possessions your highest priority!

An illustration of two elderly men with long white beards and glasses, wearing green and gold robes, sitting at a wooden table in a laboratory. The table is cluttered with various scientific instruments, including a large glass flask with yellow liquid, a smaller flask, a bottle, and a small globe. A large window in the background shows a bright green landscape. The room is decorated with a clock, a framed picture, and a small plant. A blue circle with the number 4 is in the top left corner.

4

EVIDENCE DRAGON

1

Scientific Revolution: Science and Evidence
started 500 years ago

2

Historically caused Brain Default Setting
believing in scientific claimed facts that serve
the interests of politicians and big companies

3

Peak Experience by Choice
Enjoying fact checks, feedback, evidence
and clarity of mind

4

Call to action
Clearly separate Fake News from Evidence-Based Facts!



5

CREATION DRAGON

1

Industrial Revolution: Mass Production
started 200 years ago

2

Historically caused Brain Default Setting
your professional success and consumption
is the meaning of life

3

Peak Experience by Choice
knowing who you really are beyond your profession,
success and status symbols

4

Call to action
Do not live as if you are a machine! Explore your options!



6



LIBERATION DRAGON

1

Equal Rights Revolution: Liberation
started 100 years ago

2

Historically caused Brain Default Setting
we have to fight to be accepted as equals and
we tried to make it right for our parents and teachers

3

Peak Experience by Choice
amazing, meaningful, caring relationships with friends
who harmonize with you and free your potential

4

Call to action
Spend enough time with friends who do you good!





7

MINDFULNESS DRAGON

1

Mindfulness Revolution: Mindfulness
started 1990 with evidence-based mindfulness

2

Historically caused Brain Default Setting
mindfulness is a boring inwards bound meditation
that calms you down

3

Peak Experience by Choice
finding peace inside you in an energetic, joyful, active,
mindful way – a revolutionary new mindfulness approach!

4

Call to action
Find your peace within! Center in the here and now!

8



HAPPINESS DRAGON

1

Digital AI Revolution: Generative AI
Started 30 Nov. 2022 with ChatGPT

2

Historically caused Brain Default Setting
AI replaces people and is a danger that we can't control

3

Peak Experience by Choice
Using AI to understand what is unique to human beings, such as intuition, peak experiences, emotions, love...

4

Call to action
Use and enjoy the benefits of AI for your HAPPINESS!



Your brain runs on 300,000-year-old software.

This book is the update.

There is a calling older than your name — beneath the noise, beneath the fears, beneath every story you were told about who you are. It is the calling of your soul to come home.

Drawing on the historical insights of Yuval Noah Harari, the mindfulness science of Jon Kabat-Zinn, and the practical magic of NLP, this book weaves three streams of wisdom into one luminous path.

8 Dragons. 18 exercises. 8 weeks. 5 minutes a day.

Survival Dragon

Return to your body and senses

Magic Dragon

Be the author of your story

Power Dragon

Claim what truly belongs to you

Evidence Dragon

See through the fog of fake news

Creation Dragon

Release your soul into your work

Liberation Dragon

Choose the people who set you free

Mindfulness Dragon

Rest in the present moment

Happiness Dragon

Embrace joy that needs no reason

This is not another self-help book.

This is your Hero's Journey.

May the Dragon Force be with you.

Karl Nielsen, Professor of Psychology, Global President of 9 international associations with 14,000+ members in 116 countries.

www.in-me.world/mindful-human-revolution



Tame your Dragons

Karl Nielsen

TAME YOUR DRAGONS

Update your brain for
happiness, health and success

Inspired by Harari • Kabat-Zinn • NLP

Karl Nielsen

Link for more
about the
book and
training

www.in-me.world/mindful-human-revolution

